

National Blue Beret Packing List- Seniors

QUANTITY	DESCRIPTION
2-3	BDU shirts
2-3	BDU pants
1-2	Cargo shorts, navy blue
1	Field Jacket
1	BDU Cover
1	Web belt, dk blue, black buckle
4 pairs	Black boot socks
1 pair	Boots, black military (Make sure boots are broken in)
2 sets	Blousing bands for BDUs
2	1 qt Canteens w/ belt carrier
1	Pistol belt w/ suspenders
1	Poncho
1	Notebook, pocket-sized w/ pens
1	Watch, conservative
1	Whistle w/ lanyard
1	Compass (for locating ELTs)
1	Rope, yellow 3/8"
1 pair	Sunglasses, conservative
1	Chapstick w/ sunscreen
	Sunscreen, SPF 20 or more
	Bug repellent, strong (DEET)
1 pair	Leather work gloves (optional)

QUANTITY	DESCRIPTION
	First Aid Kit (to treat yourself)
	Foot powder
	Deodorant (not anti-perspirant)
	Toothbrush
	Toothpaste
	Brush/comb
	Shampoo/Conditioner
	Hairpins/bands/hairspray
	Razor
	Hygiene items as needed
	Soap w/ soap dish
1	Wash cloth, white
2	Bath towels, white
1	Laundry bag, mesh, labeled
1 pair	Sandals (for shower)
1	Flashlight w/extra batteries
	Sewing kit w/extra BDU buttons
	Shoeshine kit (polish, rag, etc)
4-5	Hangers (for uniforms)
	Camera (disposable recommended)
3 sets	Civilian clothes- conservative jeans, t-shirts, etc (for night out and free time)

QUANTITY	DESCRIPTION
1 pair	Tennis shoes
1	T-shirt, PT, no logo
1 pair	Shorts, gym (for PT)
4 pairs	Socks, gym, white, PT
6-10	Underwear- briefs, boxers, panties
3	Bras (F)
1	Athletic supporter (M)
2	Sheets, white (for twin mattress)
1	Pillow case, white
	Medicine, prescription (must be in original container)
	Spending money, \$150 cash recommended (Traveler's Checks hard to cash)
1	Padlock, keyed w/ extra key

PLEASE BRING THE FOLLOWING PAPERWORK:

CAP Membership card (should be current and not expire during the activity)

Insurance card (if you carry it)

Photo ID (ie, driver's license)

CAPF 101: GES minimum, current to end of activity

CAPF 76: Radio Operator's Permit (if you have it)

CAPF 75: CAP Driver's License

DO NOT BRING THE FOLLOWING ITEMS:

Air Force Blue Uniform

Camelbacks

Laundry soap

Iron

Spray starch

Computers

Pagers

CELL PHONES MUST BE CHECKED IN AND ARE ONLY CHECKED OUT AND USED DURING FREE TIME

CD PLAYERS MAY BE USED WITH HEADPHONES, BUT NO SPEAKERS